

# 30 Day Gratitude Challenge

Welcome to this 30-Day Gratitude Challenge! Over the next month, you'll explore a deeper appreciation for the simple things, the people in your life, and your own health journey. Experience how gratitude can improve your mindset and encourage you to experience every moment to its fullest.



## Check off all the days you were able to complete.

Click the squares on the left side of each day or print this out and fill them in by hand.



Why is practicing gratitude so important? How do you "practice" gratitude? [Here's a video](#) to help you answer those questions.



Start a morning gratitude practice. Begin today by thinking of something you are grateful for.



When life gets stressful it can be easy to take the simple things for granted. Today, take a moment to list five simple pleasures you experienced today. It can be as simple as hearing a song you liked or getting up in the morning.



Did you know that gratitude can impact chemicals in your brain? When you feel grateful, your brain releases dopamine and serotonin, which can improve your mood.



Saying "thank you" to your coworkers, loved ones or family members on a regular basis can improve your relationships. It lets those closest to you know that you appreciate them. Say "thank you" to someone you love or work with today.

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Trouble sleeping? Studies have shown that a gratitude practice before sleep can help you sleep better and longer. This is because gratitude can encourage relaxing and soothing thoughts as you fall asleep.

7



Take some photos throughout the day of sights that you appreciate. Start a gratitude album that you can revisit when you are feeling low.

8



Give the gift of gratitude today! Make a regular practice of giving out thank you notes. You're not only expressing gratitude, but you're also giving a gift. Gift giving has also been shown to improve your mood.

9



Slow down and take time to appreciate this very moment. [Try this exercise](#) to appreciate this moment as it happens.

10



You can create your own gratitude practice, specific to your life and needs. [Read this article](#) about how you can create your own gratitude practice.

11



Today, share something you are grateful for with a friend. Encourage them to share something with you in return. If they are open to it, become gratitude buddies, sharing things you are grateful for on a regular basis.

12



Challenges in life can be very difficult. Often, we emerge from a challenge having learned something new or with a new perspective. It's OK to be grateful for weathering life's difficulties. Today, take a moment to be grateful for something you have gone through. In what ways did you grow?

13



Did you know that gratitude in a team can boost morale and help avoid burnout? Whether you're playing sports or working together, your teammates will feel motivated to go the extra mile when they feel appreciation for their hard work.

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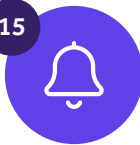


Studies show that practicing a grateful outlook can help you better manage stress. This can help you combat some of the physical effects of stress, like high blood pressure and weight gain.

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Set reminders on your phone to pause and think about something that you are grateful for in the middle of your day today.

16



You're more than halfway through this challenge. Congratulations! [Here's an article](#) to help you stay motivated in this challenge and, more importantly, in your health journey. Remind yourself why you are pursuing better health. Remember to be grateful for your "why"!

17



What's something you're really good at doing? Take a moment to think about how that skill has made your life better.

18



Create a visual board with images and words that represent things you're grateful for. Call this your gratitude vision board.

19



Whether you've created a gratitude journal or are just making mental notes, practicing gratitude can help you stay positive about the days and weeks ahead.

20



Gratitude can help us more easily embrace a growth mindset. Keeping up a growth mindset can help you reach your goals and face challenges effectively. [Learn more about growth mindset here.](#)

21



Take a proactive approach to your gratitude today. Take some time for yourself, enjoy it and then reflect on why you are grateful for it.

22



When you regularly practice gratitude, you can improve your mood and may be more likely to be social. This is especially useful when you want to improve your social well-being.

23



Some studies indicate that gratitude engages the prefrontal cortex, the part of the brain that regulates emotion and helps with decision-making. Many researchers believe that practicing gratitude can positively impact the way you make decisions and regulate your emotions.

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When was the last time you paused to appreciate a good meal? Appreciating the sensory experience of having a delicious meal is one way to practice mindful eating. **Try this mindful eating activity today.**

25



Studies have shown that people who have a regular gratitude practice have a lower risk for developing PTSD. Those who already live with PTSD may find that gratitude helps them manage it.

26



Use gratitude affirmations to boost your self-esteem today. You can be grateful for your talents, health, looks or more. Your goal is to remind yourself about your own positive qualities and be grateful for them.

27



You're just a few days away from completing this 30-day challenge! If you haven't already, start a gratitude journal. **Here are some tips** to help you get started.

28



In this 30-day challenge, we've focused a lot on the present and the future. But what about the past? What are some of your favorite memories to relive or retell? Take a moment to appreciate the joy those memories give you.

29



In a world where many people measure success by how much money or possessions they have, it is easy to feel like you're falling behind. When you feel like this, remind yourself of all the good in your life.

30



Congratulations! You've completed the 30-Day Gratitude Challenge. Stay motivated by practicing your favorite tasks!



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